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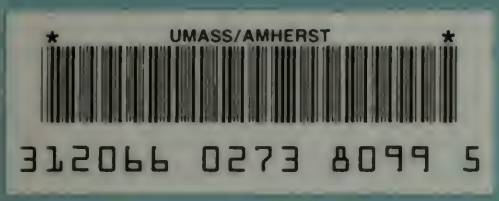

RESOURCES

for

ADOLESCENTS

GOVERNMENT DOCUMENTS
COLLECTION

APR 19 1983

University of Massachusetts
Depository Copy

A guide to Community & Public Agency Resources—Berkshire and Franklin Counties

Department of Education
Division of Special Education

814/78

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Publication # 12499
Approved by
John J. Manton, State Purchasing Agent

Division of Special Education

The Commonwealth of Massachusetts
Department of Education

31 St. James Avenue, Boston, Massachusetts 02116

August 31, 1981

Dear Colleague,

This Resource Directory was compiled by the Rural Education Project, a component of Massachusetts Department of Education's Program Assistance Grant (VI-D) and was developed in response to the need to identify a broad spectrum of community based and human service agency resources appropriate to adolescent populations. The handbook consists of a listing of the major human service agencies available in Berkshire and Franklin counties. It is not a complete listing.

Data was gathered from representatives of these agencies. However, there were no evaluations conducted to assess the quality of these services, nor can the availability of services be guaranteed. Our intention was to facilitate the networking between school districts and community-based agencies, at this time of dwindling resources, through the dissemination of information.

We hope this handbook will be of assistance to you.

Sincerely,

Roger W. Brown
Associate Commissioner

Helen Doyle
Karen Barriere
Rural Education Project Consultants

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* * *

Illustrations by: Karen Barriere

SUBJECTS

Look at the underlined headings to find the kind of problem you have. The places listed under each one can help with that kind of problem. Then, turn to the page it says to find out more about the services offered.

ALCOHOL
See the places listed under Drugs/Alcohol.

BIRTH CONTROL
See the places listed under Pregnancy Issues.

BUDGETING
If you need help budgeting your money, check out these places.

BERKSHIRE COUNTY:

Adult Learning Center.....4
Berk. Co. Extension Service.....9
Action Centers.....1
Women's Services Center.....41

FRANKLIN COUNTY:

Franklin Co. Ext. Service.....50
Sojourn, Inc.....68

CHILD CARE
See the places listed under Parenting Issues.

CLASSES/WORKSHOPS

See the places listed under Education.

CONSUMMER PROBLEMS

If you buy something that turns out to be no good, and the store won't do anything, give these people a call.

BERKSHIRE COUNTY:

Consumer Advocates.....7
W. Mass. Legal Services.....40

FRANKLIN COUNTY:

Consumer Protection.....45

COUNSELING

If you are having problems and need some help, these people may have services for you.

BERKSHIRE COUNTY:

Adams Youth Center.....3
Battered Women's Taskforce.....5
Berk. Family & Children.....6
Berk. Mental Health.....12
Boy's Club.....13
Catholic Counseling Center.....14
Christian Center.....16
Dalton Y.M.C.A.....16
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Nelcwit.....65
Networks.....64
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Stress Relaxation Cons.....69
Turners Falls Youth Ctr.....71
Youth Center.....60
Y.M.C.A.....73

CRISIS

If you need help FAST and don't know where to get it, call these places.

BERKSHIRE COUNTY:

Battered Women's Taskforce.....5
Help Line.....23
Rape Crisis Center.....32
Women's Services Center.....41

FRANKLIN COUNTY:

Everywomen's Center.....45

Necessities.....64
Nelcwit.....65
Networks.....64

DENTAL CARE

See the places listed under Medical Care-General.

DRUGS/ALCOHOL

If you need help with a problem or want to learn more about this, these places can help you.

BERKSHIRE COUNTY:

Alcohol Out-Patient Program.....5
Detox Center.....17
Hillcrest Hospital.....24

* The places listed under Counceling may be able to help, too.

FRANKLIN COUNTY:

Franklin Co. Pub. Hospital...52-55

* Also see the places listed under Counseling.

EDUCATION - ACADEMIC

If you need tutoring, want to get a G.E.D. or high school diploma, these places can help you.

BERKSHIRE COUNTY:

Adams Youth Center.....3
Adult Learning Center.....4
Berk. Athenaeum.....6
Berk. Comm. College.....8
Girl's Club.....21
South Forty Alternatives.....36

FRANKLIN COUNTY:

C.E.T.A.....44
Greenfield Comm. College....57-58
N.C.C.F.....66

EDUCATION - PERSONAL

If you want to learn how to do some things for yourself, like cooking, arts & crafts, dance, etc. give these places a call and find out what's going on!

BERKSHIRE COUNTY:

Adams Youth Center.....3
Berk. Comm. College.....8
Berk. Co. Extension Serivce....9
Boy's Club.....13
Catholic Youth Center.....14
Girl's Club.....21
Main St. Human Resources.....25
Red Cross.....34

FRANKLIN COUNTY:

Everywomen's Center.....45
Mohawk Valley Med. Ctr.....63
Nelcwit.....65
Red Cross.....43
Sojourn, Inc.....68
Stress Relaxation Cons.....69

EDUCATION - INFORMATION & ADVOCACY

If you have questions about educational services or if you need help getting the services you need, call these places.

BERKSHIRE COUNTY:

B.C.A.R.C.....7
Help for Children.....22
Mass. Dept. of Ed.....26
No. B.A.R.C.....28
W. Mass. Legal Services.....40

FRANKLIN COUNTY:

Frank. Co. A.R.C.....49
Mass. Dept. of Ed.....26

FAMILY PROBLEMS

See the places listed under Counseling.

FOOD

If you run out of food, or if you need a food assistance program, these places may be able to help.

BERKSHIRE COUNTY:

Action Centers.....1
Christian Centers.....16
Mass. D.P.W.....27
Salvation Army.....35

FRANKLIN COUNTY:

Frank. Co. Comm. Action.....48
Mass. D.P.W.....61

HANDICAP SERVICES

If you have a handicap, these are some local places that may be able to help you.

BERKSHIRE COUNTY:

B.C.A.R.C.....7
Berk. Athenaeum.....6
No. B.A.R.C.....28
Recordings for the Blind.....33
Sheltered Workshop for Blind....35

FRANKLIN COUNTY:

Frank. Co. A.R.C.....49
Mass. A.R.C.....61
Orange Friendly Serv. (blind)...67

HEALTH

See the places listed under Medical Care.

HOUSING

If you need a place to sleep or to live look under "Shelter", but if you are having trouble with your landlord, call these places.

BERKSHIRE COUNTY:

Action Centers.....1
Consumer Advocates.....7
Dept. of Health.....31
W. Mass. Legal Services.....40

FRANKLIN COUNTY:

Franklin Co. Comm. Action.....48
Consumer Protection.....45

JOBS/WORK

If you need help finding a job, deciding what to do, getting job training, etc. these places can help you.

BERKSHIRE COUNTY:

B.C.A.R.C.....7
C.E.T.A.....15
Christian Center.....16
Employment Office.....19
Girl's Club.....21
Goodwill Industries.....22
Help Line (Rent-A-Kid).....23
Mass. Rehab.....28
No. B.A.R.C.....28
Williamstown Boy's Club.....41
Women's Services Center.....41

FRANKLIN COUNTY:

Everywomen's Center.....45
Employment Office.....63
Frank. Co. A.R.C.....49

LEGAL MATTERS

If you get in trouble with the law, these places may be able to help you.

BERKSHIRE COUNTY:

Boy's Club.....13
Consumer Advocates.....7
Offenders Advocacy.....30
W. Mass. Legal Service.....40

FRANKLIN COUNTY:

Consumer Protection.....45
Nelcwit.....65
Networks.....64

MEDICAL CARE - EMERGENCY

If you need medical help fast call one of these places.

BERKSHIRE COUNTY:

B.M.C. Emergency Room.....10
B.M.C. Dental Clinic.....11
Fairview Hospital, E.R.....19
Hillcrest Emergency Room.....24
No. Adams Reg. Hospital, E.R....29

FRANKLIN COUNTY:

Farren Mem. Hosp., E.R.....47
Frank. Pub. Hospital, E.R.....52
Mohawk Valley Med. Ctr.....63

MEDICAL CARE - GENERAL

These places have clinics or can tell you where you can get help.

BERKSHIRE COUNTY:

Berk. Medical Center.....10
Berk. Rehabilitation.....13
District Health Office.....17
Fairview Hospital.....19
Family Planning.....20
Hillcrest Hospital.....24

Pittsfield Pub. Health Dept.....31
Public Health Nursing.....2
Visiting Nurses Assoc.....39

Tel-Med (tapes).....37

FRANKLIN COUNTY:

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Family Planning.....46
Franklin Co. Pub. Hosp.....52-55
Farren Memorial Hosp.....47
Mohawk Valley Med. Ctr.....63
Visiting Nurses Assoc.....71

Tel-Med (tapes).....70

PARENTING ISSUES

If you have a child and want to learn more about how to be a good parent, check out these places.

BERKSHIRE COUNTY:

Ber. Ctr. for Fam. & Children...6
E.C.E.C.....18
E.C.H.O.....18
Family Planning.....20
Girl's Club.....21
Right to Life.....34
W.I.C.....40
Women's Services Ctr.....40

FRANKLIN COUNTY:

Everywomen's Center.....45

Family Planning.....46
Necessities.....64
Nelcwit.....65
Right to Life.....34
Visiting Nurses Assoc.....71
W.I.C.....72

PREGNANCY ISSUES

If you are pregnant (or think that you might be), these places can help you.

BERKSHIRE COUNTY:

Berk. Ctr. for Fam. & Children..6
Berk. Med. Center.....10
E.C.H.O.....18
Family Planning.....20
Fairview Hospital.....19
No. Adams Reg. Hospital.....29
Right to Life.....34
Visiting Nurses Assoc.....39

FRANKLIN COUNTY:

Family Planning.....46
Frank. Adolescents Comm. Team...49
Mohawk Valley Med. Ctr.....63
Right to Life.....67
Visiting Nurses Assoc.....71

PSYCHOLOGICAL SERVICES

See the places listed under Counseling.

RAPE

If you have been raped, these places can help you.

BERKSHIRE COUNTY:

Rape Crisis Center.....32
Women's Services Center.....41

FRANKLIN COUNTY:

Everywomen's Center.....45
Nelcwit.....65
Necessities.....64

RECREATION

Looking for something to do?
Check out these palces.

BERKSHIRE COUNTY:

Adams Youth Center.....3
Berk. Athenaeum.....6
Berk. Co. Extension Service.....9
B.C.A.R.C.....7
Boy's Club.....13
Catholic Youth Center.....14
Challenge for Youth.....15
Christian Center.....16
Dalton Y.M.C.A.....16
Pleasant Valley Sanctuary.....32
Salvation Army.....35
South Forty Alternatives.....36
Williamstown Boy's Club.....41
Youth Advocacy Project.....42
Y.M.C.A.....42

FRANKLIN COUNTY:

Frank. Co. A.R.C.....49
Frank. Co. Extension Service....50
Greenfield Youth Center.....60

Orange Friendly Service.....67
Turners Falls Youth Ctr.....71
Y.M.C.A.....73

SHELTER

If you need a place to sleep, or to live, these places may be able to help you.

BERKSHIRE COUNTY:

Battered Women's Taskforce.....5
Christian Center.....16
E.C.H.O.....18
Family Advocacy.....19
Housing Authority.....24
Salvation Army.....35
Women's Services Center.....41
Y.M.C.A.....42

FRANKLIN COUNTY:

Housing Authority.....50
Necessities.....64

TRANSPORTATION

If you have a handicap and need transportation, call these places and see if they can help you.

BERKSHIRE COUNTY:

Dial-A-Ride.....38
Uncle John's Vans.....38

FRANKLIN COUNTY:

None

WELFARE

If you want to find out about the welfare services you may be able to get, give these places a call.

BERKSHIRE COUNTY:

Action Centers.....1
Mass. Dept. of Pub. Welfare.....27
Social Security Adm.....36

FRANKLIN COUNTY:

Franklin Co. Comm. Action.....48
Mass. Dept. of Public Welfare...61
Social Security Adm.....68

SPECIAL EDUCATION

If you are fourteen years of age or older, you have the right to be present at your evaluation meetings to help you write your own individual educational plan.

The language used at your evaluation meetings should be the language used at your home.

When attending meetings during the process your parents may bring anyone they want with them at their own expense. These may be their friends, advocates, or anyone who could be helpful.

During the evaluation process you may stay in the classes you are already in, unless your parents or the special education director thinks that this is not in your best interest. The regional office of the Department of Education has to approve an emergency placement in a special program.

If your parents give written permission, the school can make a home visit to get information about your home life. The questions that are asked should be important to your education, otherwise the school should not be asking them.

SPECIAL EDUCATION (Continued) p.2

Within thirty (30) days after your individual educational plan has been written, you and your parents have the right to meet with any members of your team to talk about the plan. You should be given a copy of your Individual Educational Plan. You and your parents have thirty days to accept or reject the plan. If you accept it, you should begin your program as soon as possible. If you and your parents decide to reject the plan, you may appeal it to the Bureau of Special Education Appeals.

If the evaluation team finds that you are not in need of special services, this decision can also be accepted or rejected. If you decide to reject it, you must go through the appeals process.

If you are fourteen years of age or older, or in the ninth grade, you have the right to see all the information in your school file about your education. In fact, you have the right to see anything the school keeps on file about you.

The only people who are allowed to look at your school records without you or your parents permission are, school officials, teachers who need the information to work with you, and certain state Department of Education people. Anyone else

SPECIAL EDUCATION (continued) p.3

must have written permission from your parents or from you, if you are fourteen years of age or older or in the ninth grade.

You have the right to participate in all regular education programs, services, or extra curricular activities, such as music, counseling and health services, physical education, or any after school clubs or sports teams. Physical education programs should be available too, and meet the needs of all students. If you need a special gym class, it should be in your individualized educational plan and the school must provide it.

If you are eighteen years of age or older and you are referred, you cannot be given an evaluation if you do not want one.

If you are ill and your doctor certifies that you will have to remain out of school for fourteen days or more in order to protect the health or safety of yourself or others, the school must provide you with a home tutoring or hospital program.You will not need an evaluation unless your doctor thinks that you need one or states that you will have to remain out of school for more than sixty days.

SPECIAL EDUCATION (continued) p.4

You cannot be kept out of school because you are pregnant or have a child. You are entitled to participate in all activities on the same basis as other students, however, concerning the right to a home tutoring program or hospital program when your doctor states that you must remain out of school for health or safety reasons.

If you are sixteen or older and planning to leave school, your school must tell you the rights you have under Chapter 766 and any alternative education programs that are available in your school system. If you have already left school, the school has to make an effort to inform you of your rights under Chapter 766 and any alternative programs that are available in your school system.

Berkshire County-Human Resources

ACTION CENTERS

These people can help you find out about social services such as welfare, housing and food stamps. They will tell you what you can apply for and help you to fill out the forms.

If you run out of food, they have a free pantry for emergencies and, also, a supply of clothing.

In the winter they run a fuel assistance program for people who need help paying their heating bills.

In Pittsfield:
Action for Opportunity
358 Tyler Street
phone: 499-7644
hours: 9:00-5:00

In Adams:
Adams Action Center
64 Summer Street
phone: 743-0255
hours: 9:00-4:30

In Great Barrington
Southern Berkshire Community Action
284 Main Street
phone: 528-1947 or 243-0569
hours: 9:00-5:00

ADAMS PUBLIC HEALTH NURSING
2 Edmund Street (Plunkett Med. Ctr.)
Adams, Mass.
phone: 743-5738
hours: 7:00-4:00 Mon.-Fri. and on call weekends and holidays

These people can provide nursing services, physical therapy, speech therapy and occupational therapy. They also have home health aids.

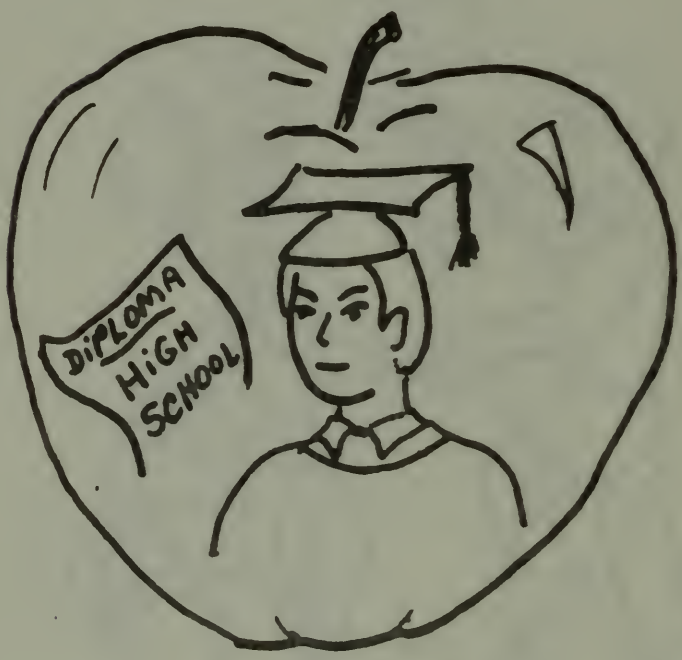
ADAMS YOUTH CENTER
41 Park Street
Adams, Mass.
phone: 743-3550
hours: 9:00-5:00 and some evenings

They run a lot of recreational activities such as dances, exercise classes, cross-country ski trips, basketball, arts & crafts and more. Call them to find out what's going on.

There are also some educational services at the center such as tutoring for a G.E.D. or counseling about special education.

ADULT LEARNING CENTER
697 North Street
Pittsfield, Mass.
phone: 443-9060
hours: call to see when they are open

If you are 16 years old or older you can get educational services here. They can give you one-to-one tutoring in English, reading, math, G.E.D. preparation, and bi-lingual education. They can also help you to learn about how to budget your money better.



ALCOHOL OUT-PATIENT PROGRAM

If you have a problem with alchool or drugs, give these people a call. They can give you counseling in a group or on an individual basis.

In Pittsfield:
214 Francil Ave.
phone: 499-1000
hours: 8:00-7:00 Mon.-Fri.

In North Adams:
85 Main Street
phone: 664-1067
hours: 9:00-5:00 Mon.-Fri.

BATTERED WOMEN'S TASKFORCE

Victims of violence and physical abuse can get counseling from these people. They will help you if you need to go to the police. They also have temporary, emergency shelter if it is needed.

They do not give out their address so that women can be safe there. Call them if you need help.

24 hour phone: 443-0089

BERKSHIRE ATHENAEUM
1 Wendell Ave.
Pittsfield, Mass.
phone: 442-1559
hours: Call to see when they are open

Besides the books, the library has a good music section with tapes and records. They have a lot of books on tape, too.

There is a visually handicapped section with braille books.

They also show films and have music and art programs sometimes in the evenings.

You can even get tutoring in reading on a one-to-one basis.

The library cards are free.

BERKSHIRE CENTER FOR FAMILIES AND CHILDREN
472 West Street
Pittsfield, Mass.
phone: 448-8281
hours: 9:00-5:00

These people give counseling for families, individuals, for marriage problems and divorce.

They also have services for unwed mothers.

There is a day care program for children ages 3-6 and an adoption service.

BERKSHIRE COUNTY ASSOCIATION FOR RETARDED CITIZENS
P. O. Box 2
54 Wendell Ave.
Pittsfield, Mass.
phone: 499-4241 or 499-4242
hours: 9:00-5:00

These people have a lot of services for retarded people in Berkshire County.

They give counseling, legal help, 766 advocacy and information to retarded people and their families.

The program network includes 17 halfway houses and a sheltered workshop.

They also run a lot of recreatioanl activities such as sing-alongs, ski lessons, etc. call them to find out what is going on.

BERKSHIRE CO. CONSUMER ADVOCATES
74 North Street
Pittsfield, Mass.
phone: 443-9128
hours: 9:00-5:00

These people will give you counseling about your legal rights. However, they can only help with consumer matters (not if you get arrested) such as landlord/tenant problems, having trouble with something you bought in a store, or how to use the small claims courts.

BERKSHIRE COMMUNITY COLLEGE
West Street
Pittsfield, Mass.
phone: 499-4660
office hours: 8:30-4:30

BCC offers some services for special needs students.

The Resource Center gives tutoring, counseling, financial aid and other support services.

Basic, self-pace courses are taught in the Alternative Learning Center.

You can also get vocational counseling there.

The BCC services are only for students at BCC.

BERKSHIRE COUNTY EXTENSION SERVICE
46 Summer Street
Pittsfield, Mass.
phone: 448-8285
hours: 8:30-5:00

These people have a lot of good services. They are not just for when you need help with planting a garden.

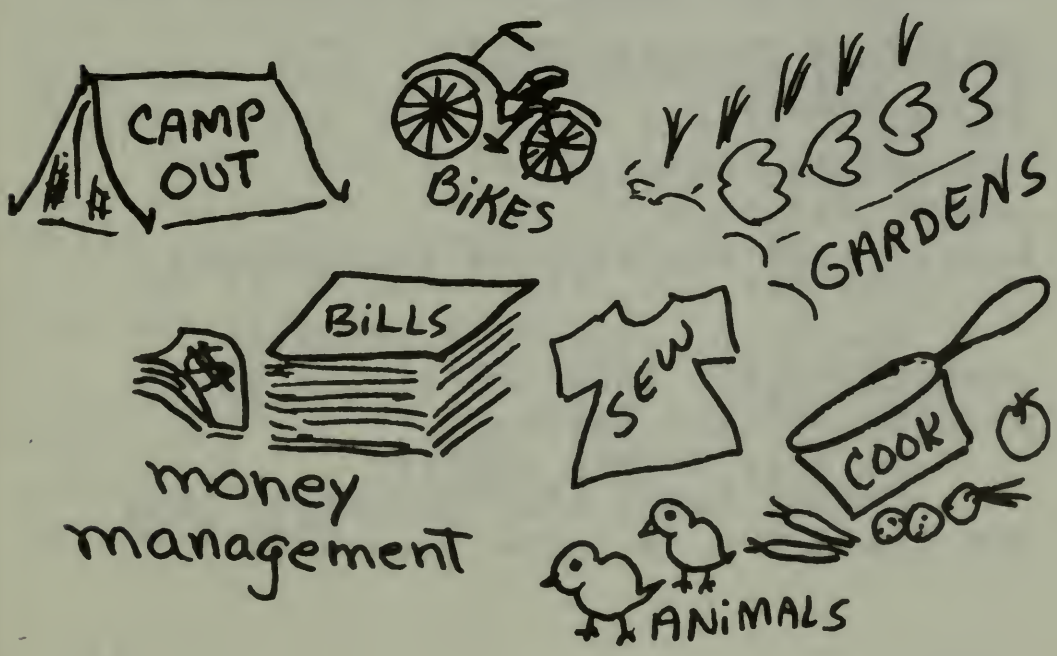
They run the 4-H clubs which have many activities such as camping, outings, and craft projects.

There is also a bicycle safety program.

If you need help to budget your money they will counsel you on a one-to-one basis or you can go to one of their workshops.

You can also find out about food, health and nutrition from them.

They also have a delinquency prevention program which offers counseling and activities for young people.



BERKSHIRE MEDICAL CENTER
725 North Street
Pittsfield, Mass.
phone: 499-4161

They have a full range of hospital and emergency room services 24 hours a day.

There are also several clinics for regular health care. These are each listed below.

BERKSHIRE MEDICAL CENTER
NEIGHBORHOOD HEALTH CENTER
769 North Street
Pittsfield, Mass.
Phone: 499-4161, extension 2351
hours: call to make an appointment

You can go to these people with any kind of a health problem you have. In addition to the health care they give counseling and they run a slim and trim program.

Fees are on a sliding scale by what you can afford.

BERKSHIRE MEDICAL CENTER
V. D. CLINIC
725 North Street
Pittsfield, Mass.
phone: 443-1619
hours: call and make an appointment

The V. D. clinic is strictly confidential. They won't call your parents or tell anyone.

This is a free clinic.

If you think that you might have any kind of V. D. give them a call.

BERKSHIRE MEDICAL CENTER
DENTAL CLINIC
725 North Street
Pittsfield, Mass.
phone: 499-4161
hours: call and make an appointment

These people have a full range of dental services. You should usually make an appointment ahead of time. But they do give emergency service if it is needed.

They do charge fees, but it is a lot less than a private dentist would cost.

BERKSHIRE MEDICAL CENTER
JONES II UNIT
725 North Street
Pittsfield, Mass.
phone: 499-4161

If you have a bad emotional crisis (if you are strung out on drugs, if you are afraid you might hurt yourself or someone else, etc.) go to the EMERGENCY ROOM at Berkshire Medical Center. They will admit you.

Then, with a psychological problem, they will send you to the Jones II unit which is their psychiatric unit.

It is an open ward, you can walk out any time you want to.

Jones II is for short term crisis intervention (up to three months) and they give counseling, therapy and psychiatric services to the patients in their unit.

BERKSHIRE MEDICAL CENTER
COMMUNITY HEALTH EDUCATION
725 North Street
Pittsfield, Mass.
phone: 499-4161
hours: call to find out times for each program.

These people have classes and workshops on all sorts of health topics including: weight loss, childbirth, food and nutrition, smoking, CPR, etc.

They also run classes for people who who want to learn how to become emergency room medical technicians.

BERKSHIRE MENTAL HEALTH ASSOCIATION
333 East Street
Pittsfield, Mass.
phone: 499-0412
hours: 9:00-5:00

If you are having problems and need someone to talk with who can help you sort things out, give these people' a call. They give individual counseling and group counseling.

They do charge fees for their services, but it is on a sliding scale by what you can afford.

BERKSHIRE REHABILITATION CENTER
510 North Street (out-patient services)
741 North Street (in-patient services)
phone: 443-3531
hours: 8:00-4:00

You have to be referred by a doctor for these services. They have physical therapy, speech therapy, audiology, and a social worker counselor.

They charge fees on a sliding scale.

BOYS CLUB
76 Melville St.
Pittsfield, Mass.
phone: 448-8259 or 448-8258
hours: call to find out what times the activity you want is going on.

There are a lot of things going on at the Boys Club.

Their recreational activities include dances, the game rooms, basketball, hockey and weight lifting.

They also have classes in woodworking, metal, lettering and arts & crafts.

You can also get counseling on an individual or group basis.

If you get in trouble with the law, their court youth advocacy program may be able to help you.

There are drug and alcohol counseling services available if you ask about them.

The Boys Club also runs the Big Brother program for kids who need a friend.

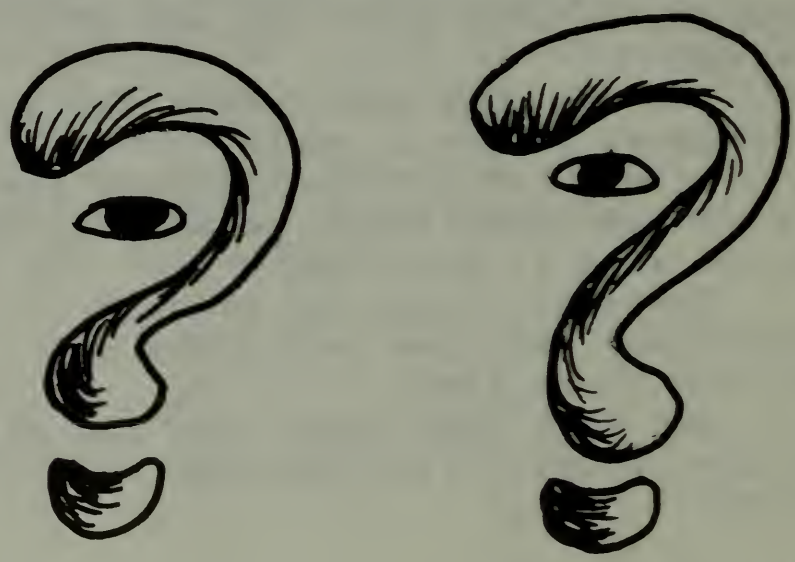
CATHOLIC CHARITIES COUNSELING
467 North Street
Pittsfield, Mass.
phone: 443-3169
hours: 9:00-5:00

If you are having problems and need some help, these people give free counseling services. They have individual, group and family therapy programs.

CATHOLIC YOUTH CENTER
26 Melville Street
Pittsfield, Mass.
phone: 445-5496
hours: 2:00-9:00 all week

There are after school activities for young people including game rooms, basketball teams, and they also run classes such as arts & crafts and woodworking.

Give them a call to find out what is going on.



C.E.T.A.

C.E.T.A. provides job training and placement services. They also have some financial aid available for students in two year vocational college programs.

You have to be either low income or have a handicap to be eligible for their services.

In Pittsfield:
190 New West Street
phone:499-2220
hours: 8:00-5:00

In Lee:
Marble Street
phone: 243-3542
hours: 9:00-5:00

In North Adams:
State Street
phone: 662-3042
hours: 9:00-5:00

CHALLENGE FOR YOUTH

144 Main Street
Great Barrington, Mass.
phone: 528-3461
hours: call and leave a message if they are not there

These people have outdoor and wilderness programs all year round. They do backpacking, canoeing, camping, cross country skiing and snowshoeing.

CHRISTIAN CENTER
193 Robbins Ave.
Pittsfield, Mass.
phone: 443-2828
office hours: 9:00-5:00

They have a free kitchen, some temporary emergency shelter and are good people to go to for help.

They have counseling services both for individuals and groups.

There is also an employment project.

In the basement they run a youth center and coffee house from 1:00-10:00.

DALTON Y.M.C.A.
27 South Crane Ave.
Dalton, Mass.
phone: 684-0120
hours: 2:30-9:00 (Sept. to May)

These people have a lot of things for young people to do such as dances, basketball, indoor hockey and soccer, game rooms, karate and judo, and classes in arts & crafts.

They also do counseling on an individual basis.

The Y.M.C.A. in Dalton has a Big Brother/Big Sister program for kids who need a friend.

Give them a call to find out what is happening.

DETOX CENTER
793 North Street
Pittsfield, Mass.
phone: 499-0337
hours: 24 hours

If you have a serious problem with drugs or alcohol and you need a place to stay and people to help you stop drinking or stop taking drugs, you can stay up to a week in the Detox Center.

They will also give you counseling and help you get the programs you need to stay off the stuff.

DISTRICT HEALTH OFFICE
246 North Street
Pittsfield, Mass.
phone: 443-4475
hours: call for an appointment

These people run monthly clinics for orthopedics, developmental problems (ages 0-6) and neurological problems.

The fees charged are on a sliding scale.

EARLY CHILDHOOD DEVELOPMENT CENTER
43 Francis Ave.
Pittsfield, Mass.
phone: 499-2320
hours: call for times

These people run classes in how to be a good parent.

They also have several day care programs and there is no charge for low income parents.

EMERGENCY CARE HELP ORGANIZATION
154 Elm Street
Pittsfield, Mass.
phone: 442-3538 or 443-2400

This program is set up to do specialized foster care and adoption placements.

They also have an unwed mother's program with a residence and counseling service.

There is an emergency shelter for kids in their program.

You can also get some parent counseling and parent education from them.

EMPLOYMENT OFFICE
46 Summer Street
Pittsfield, Mass.
phone: 499-1793 claims: 447-7325
hours: 8:30-5:00

These people can help you find a job. They do vocational preference testing and counseling. There is also a listing of job openings and a placement service.

FAIRVIEW HOSPITAL
29 Lewis Ave.
Great Barrington, Mass.
phone: 528-0790
hours: call for clinic hours

Fairview has all of the regular general hospital services including a 24 hour emergency room.

Additionally, they run clinics in pre-natal care, orthopedics and oncology (tumors).

There is also physical therapy on an out-patient basis.

FAMILY ADVOCACY PROJECT
& MARATHON HOUSE : RUBICON WEST
484 West Street
Pittsfield, Mass.
phone: 499-2942
office hours: 9:00-5:00

These people only work with kids who are referred by places like the courts, schools or D.M.H. They provide emergency shelter for up to thirty days.

FAMILY PLANNING

If you want to find out about birth control these people can give you counseling. They also have a clinic where you can get pregnancy tests, pap tests, pelvic exams or birth control devices.

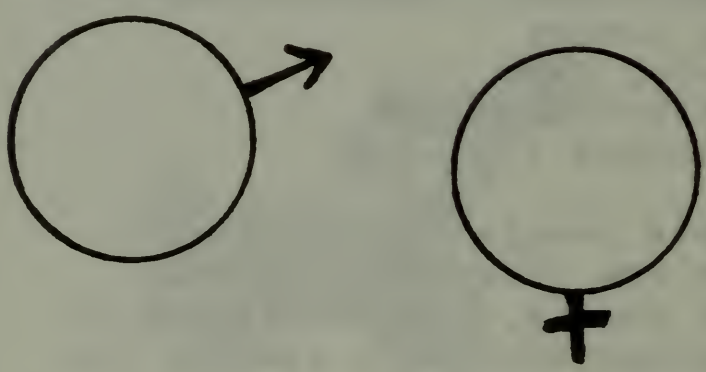
They also have abortion counseling and help with problem pregnancies.

Fees are charges on a sliding scale by how much you can afford to pay.

In Pittsfield:
100 Wendell Ave.
phone: 443-2844
hours: 9:00-5:00 Mon.-Fri.

In Great Barrington:
195 Main Street
phone: 528-4238
hours: 10:00-3:00 Mon.-Thurs.

In North Adams
85 Main Street
phone: 663-8846
hours: 11:00-4:00 Mon.-Thurs.



GIRLS CLUB
165 East Street
Pittsfield, Mass.
phone: 442-5174
hours: 9:00-9:00 Sept.-June
9:00-5:30 Summers

The Girls Club has a lot of good programs.

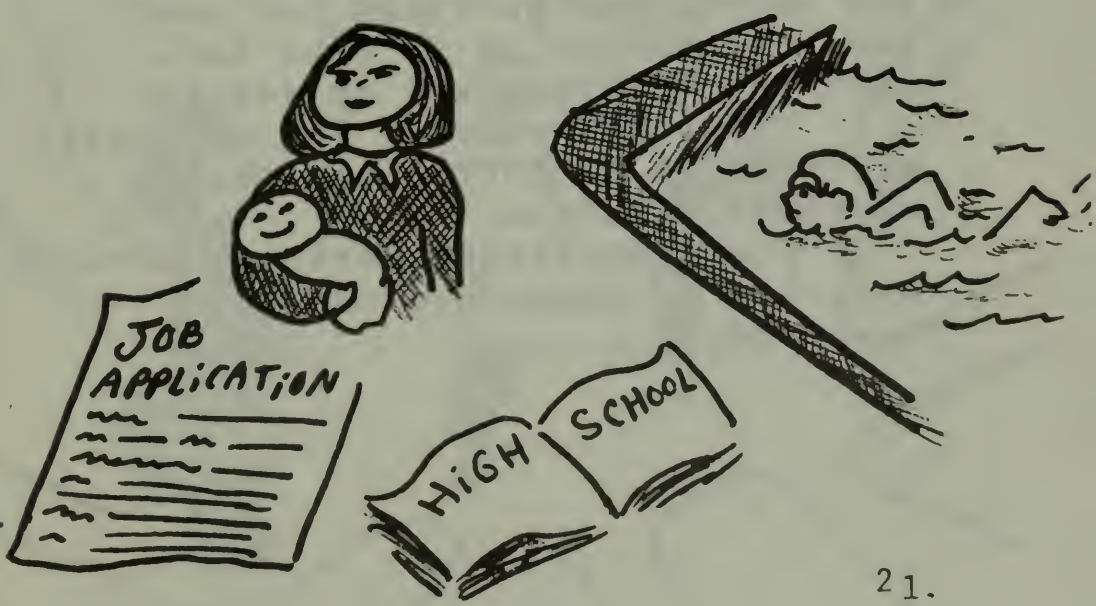
The recreational activities include swimming, basketball, drama, gymnastics, exercise classes and arts & crafts.

They can give you counseling if you have problems and also run a big sister program.

There is a solo parent program for teenagers and they can help young mothers finish their education by providing day care for the babies and tutoring for the mothers.

Health and nutrition counseling is available, too.

You can even get career counseling and some job training at the Girls Club.



GOODWILL INDUSTRIES
370 Waconah Street
Pittsfield, Mass.
phone: 442-1546 or 442-1547
hours: 8:00-4:30

These people do vocational counseling, evaluations and have a sheltered workshop program.

They also have some work/study programs with the local schools.

Applications are usually on a referral basis and the referring agency pays the fees.

HELP FOR CHILDREN
54 Wendell Ave.
Pittsfield, Mass.
phone: 499-4492
hours: 9:00-5:00 Mon.-Fri.

These people can give you information about services, help you to get the services you need and will follow up to make sure that the services are delivered.

They also provide 766 advocates and will go to CORE evaluation meetings with you.

They coordinate services between agencies if more than one is involved in a case.

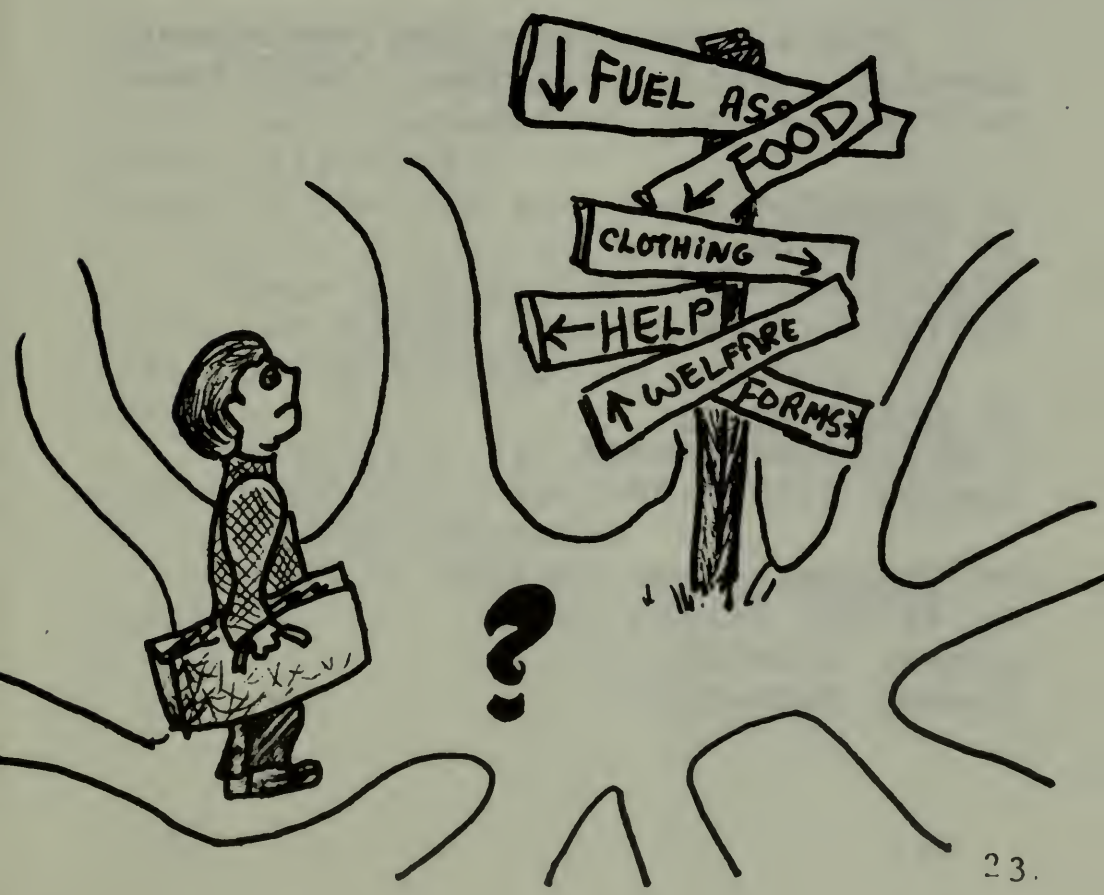
HELP LINE
111 Main Street
North Adams, Mass.
phone: 664-6391
hours: 24 hours

If you have problems and don't know where to get help, these people can tell you where to go. They know about all of the local services.

They will also talk to you themselves and do crisis counseling and intervention.

There is a reassurance call program for shut-ins.

"Rent A Kid" is another one of their services. They have a list of kids who can do odd jobs and babysitting. If you want to be on the list or if you need to have a job done, give them a call.



HILLCREST HOSPITAL
165 Tor Court
Pittsfield, Mass.
phone: 443-4761
hours: 24 hours

Hillcrest has all of the regular hospital services, including an emergency room.

They also have an acute alcohol program for patients there.

Their Family Health Center clinic is open from 7:30-12:00 mornings Mon.-Fri.

Courses in C.P.R. are given there, too.

HOUSING AUTHORITY

These people run the low income housing subsidy programs. Call them to find out how to apply.

In Pittsfield:
65 Colombus Ave.
phone: 443-4777
hours: 8:30-4:00

In North Adams
150 Ashland Street
hours: 8:00-4:30

In Williamstown:
47 Spring Street
phone: 458-8282
hours: 9:00-1:00

LENOX COMMUNITY CENTER
85 Walker Street
Lenox, Mass.
phone: 637-0374
hours: 9:00-9:00 and varied evenings

These people run a lot of recreational activities such as arts & crafts, gymnastics, woodworking, game room activities, oil painting classes, exercise classes, yoga, baton and a summer swim program.

They also have day trips for cross-country skiing and snowshoeing.

There is a tiny tot play group for mothers with children ages 2-5.

There are fees for some of the activities but many are free.

MAIN STREET HUMAN RESOURCES
60 Cottage Street
Great Barrington, Mass.
phone: 528-9155
hours: 9:00-5:00 and some evenings

These people give individual, group and family counseling. They also do evaluations for schools or courts.

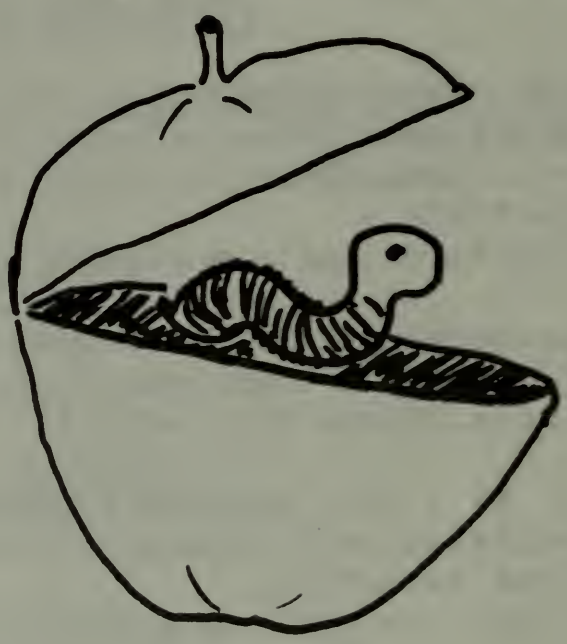
There is a day activity program with therapeutic activities. Call to find out the schedule.

Fees are charged on a sliding scale.

Mass Dept. of Education
Pittsfield Regional Office
188 South Street
Pittsfield, Mass. 01201

These people can give you information about educational services, programs, laws and student's rights.

It is the place to call if vou have a complaint about an educational program.



MASS. DEPT. OF PUBLIC WELFARE

These people run several assistance programs. You must have a low income to apply.

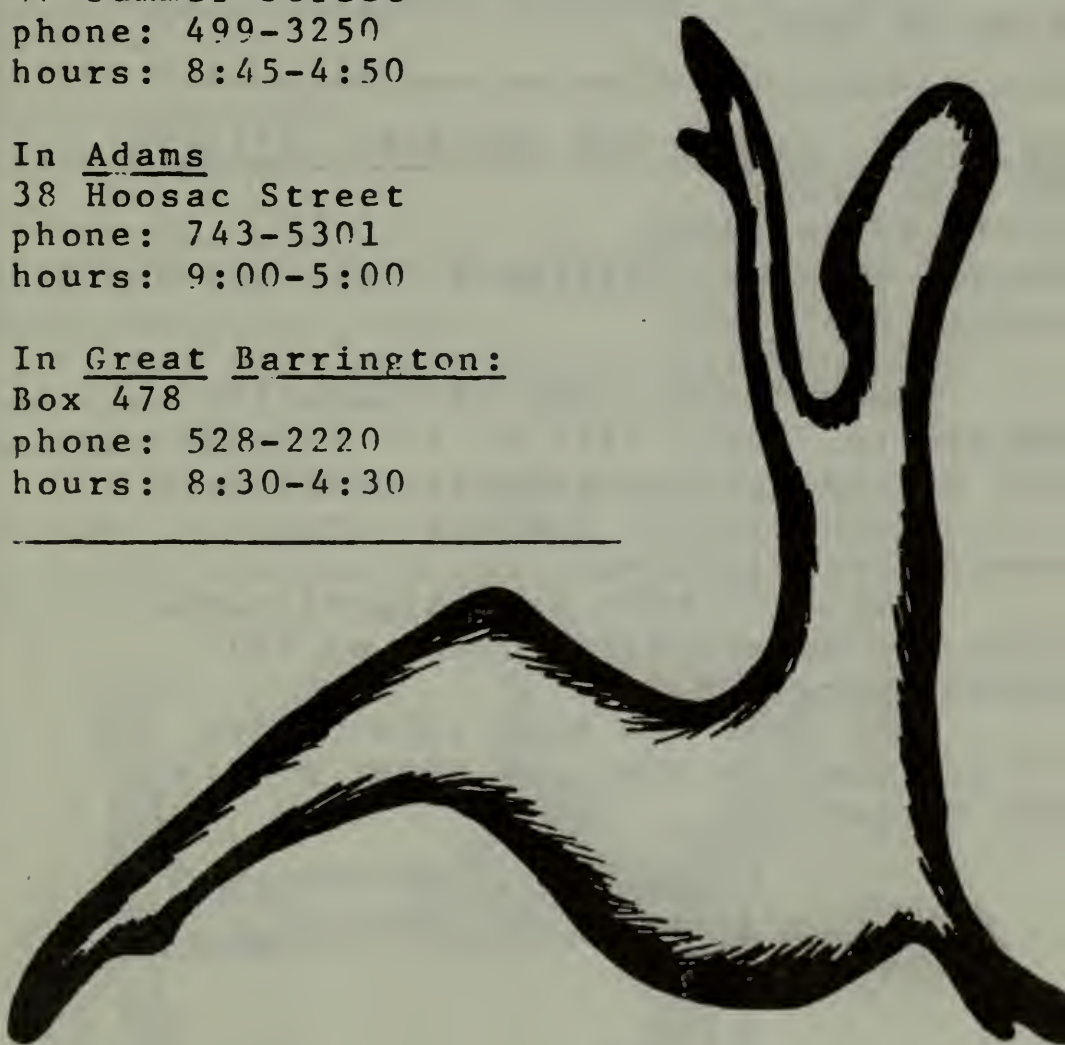
There is the general relief program, aid to dependent children, food stamps and medicade.

You have to go to their office to fill out the forms.

In Pittsfield:
46 Summer Street
phone: 499-3250
hours: 8:45-4:50

In Adams
38 Hoosac Street
phone: 743-5301
hours: 9:00-5:00

In Great Barrington:
Box 478
phone: 528-2220
hours: 8:30-4:30



MASS. REHABILITATION
6 Clinton Ave.
Pittsfield, Mass.
phone: 499-2720
hours: 9:00-5:00

If hou have a physical or other handicap these people will help you with your career goals. They do vocational counseling, skill evaluations, and also provide some training and job placements.

They only work with people who live in Mass.

NO. BERK. ASSOC. FOR RETARDED CITIZENS
85 Main Street
North Adams, Mass.
phone: 664-4345 (Activity Ctr.: 664-4372)
hours: 8:30-3:30

These people have services for M.R. people. They will do 766 advocacy and general information counseling.

There are two halfway house residence programs.

They also have a sheltered workshop and an activity center at 931 South Church St.

Call them for more information if you want to find out about programs for M.R. people.

NORTH ADAMS STATE TEACHERS COLLEGE
Church Street
North Adams, Mass.
phone: 664-4511
office hours: 8:30-4:45

There is a special education dept. at North Adams State. They can give you information about it.

The college also runs a basic skills program for their students.

NORTH ADAMS REGIONAL HOSPITAL
Hospital Ave.
North Adams, Mass.
phone: 663-3701
hours: 24 hours

There are all of the regular hospital services including a 24 hour emergency room.

They will do physical therapy and speech therapy on an out-patient basis.

Classes on childbirth are part of the maternity services.

The hospital also has pediatric and orthopedic units.

NO. BERK. MENTAL HEALTH ASSOC.
85 Main Street, Suite 628
North Adams, Mass.
phone: 664-4541
hours: 9:00-5:30 Mon., Thurs., & Fri.
9:00-9:00 Tues., & Wed.

If you are having problems these people have several kinds of counseling available. They do individual, group, family or marriage counseling and play therapy.

They also run a big brother and big sister program.

Also, there is a program to give educational and support services to parents of children up to age 3.

OFFENDERS ADVOCACY PROGRAM and
NEIGHBORHOOD YOUTH CORPS
400 Columbus Ave. Extension
phone: Offenders Advocacy 447-7729
Neighborhood Youth Corps 442-2823
hours: 8:30-5:30

These two programs do the same thing. Offenders Advocacy is for adults, while the Neighborhood Youth Corps is for minors.

If you get in trouble with the law they can give you para-legal counseling. This is free.

They also run the restitution projects.

PITTSFIELD DEPT. OF PUBLIC HEALTH
City Hall
Pittsfield, Mass.
phone: 499-1100
hours: 8:30-4:00

These people do a lot of things. Services that the public can use include lab tests (both for health tests and for environmental things such as water).

There are clinics for flu immunization, lead poisoning and "well child". Call to find out the times for these.

They also investigate complaints about health hazards such as pollution, rats, garbage, poor housing conditions, etc. So, if you have problems with any of these things, give them a call.

PLEASANT VALLEY SANCTUARY
Lenox, Mass.
phone: 637-0320
hours: Call for times of events

This is a wildlife observation area run by the Audobon Society. They have a lot of activities such as animal life workshops, cross-country skiing and snowshoeing, canoeing, hiking and day camps.

Give them a call to find out about special events.

RAPE CRISIS CENTER
100 North Street, Room 419
Pittsfield, Mass.
phone: 442-6708
24 hour phone: 443-0089
office hours: 9:00-3:00

If you have been raped, these people can help you in several ways. They give counseling, will go along with a victim to the hospital, the police station and to court.

They also have a lending library of materials on related topics.

RECORDINGS FOR THE BLIND

These people will record books or assigned educational materials for students who are blind or who cannot read regular written material.

There is no charge for this, but you have to fill out an application form and have a doctor certify the need for it.

In Lenox:
18 Main Street
phone: 637-0889
hours: 9:30-4:00 Tues.-Fri.

In Williamstown:
372 Cole Ave.
phone: 458-3641
hours: 9:00-12:00 and 1:30-4:30
Mon.-Fri.

RED CROSS

These people run community health and safety programs. They give classes in CPR, first aid, water safety and lifesaving.

There are also youth groups for high school students who want to do volunteer services.

In Pittsfield:
63 Wendell Ave.
phone: 442-1560
hours: 9:00-4:30 Mon.-Fri.

In North Adams
85 Main Street
phone: 663-7006
hours: 9:00-12:30 Mon.-Fri.

RIGHT TO LIFE

74 North Street
Pittsfield, Mass.
phone: 443-7351
hours: 9:00-4:00

If you are pregnant and have decided that you want to go ahead and have the baby, these people might be able to help you.

They do counseling in general, and can tell you about welfare services or adoption agencies. They may also be able to give you some baby clothes and supplies after the baby is born.

SALVATION ARMY
298 New West Street
Pittsfield, Mass.
phone: 442-0624
office hours: 9:00-5:00
24 hour phone line

There are some youth activities through the Girl Guard Club for girls ages 14 and up and the Boys Club for boys ages 6-12.

They can provide emergency shelter for one night in some cases.

You can also get food in an emergency from their free pantry.

SHELTERED WORKSHOP FOR THE BLIND
11 Melville Street
Pittsfield, Mass.
phone: 442-4242
hours: 8:00-4:00

These people run a sheltered workshop for the blind. They do regular subcontracting jobs.

To apply to work there you must be refered by the Mass. Commission for the Blind. They can be contacted at:

Mass. Commission for the Blind
110 Tremont Street
Boston, Mass.
phone: 1-800-392-6450

SOCIAL SECURITY ADMINISTRATION
20 Elm Street
Pittsfield, Mass.
phone: 445-4582
hours: 9:00-4:30

Some of the Social Security programs are available to adolescents.

There are benefit programs for children whose parents are disabled, dead, or retired.

There is also a Supplemental Security Income program for anyone of any age who is disabled.

Give them a call and ask to talk with an intake worker if you want to find out more about these programs.

SOUTH FORTY ALTERNATIVES
Sarah Haskins Community Center
North Adams, Mass.
phone: 664-4507
office hours: 9:00-5:00. There are also evening activities and the phone is a 24 hour line.

These people provide a lot of services. There is 24 hour crisis intervention, therapy on an individual, group or family basis and advocacy help.

They can also give you tutoring, help you to get a G.E.D., or to find a job.

In the afternoons and evenings there are a lot of activities. Give them a call to find out what's up.

TEL-MED

These people have tapes about all kinds of health issues. When you call them, just say the number of the tape you want to hear and they will play it for you.

If you want to get a list of the topics they have you can call and ask for their pamphlet. They will send one to you. Or, you can stop by the local hospital and pick one up.

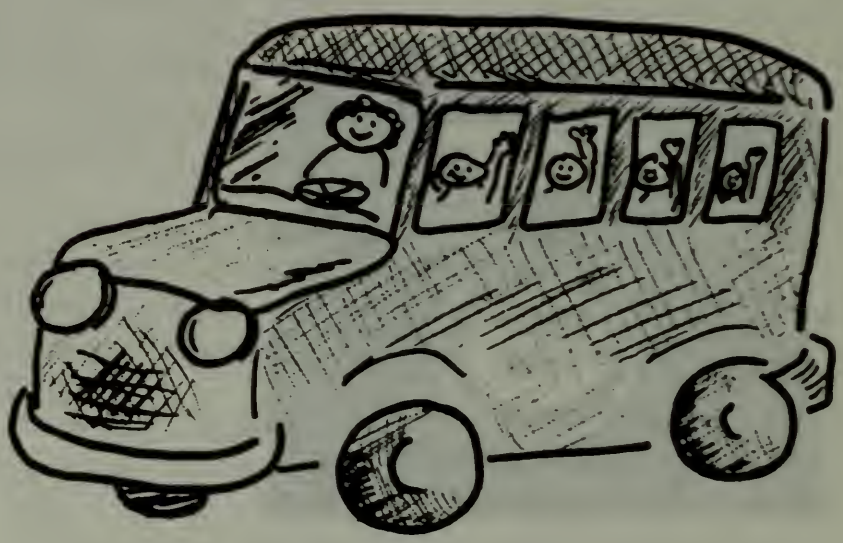
In Berkshire County: 443-5651

In Franklin County: 774-3761

UNCLE JOHN'S VANS
& DIAL-A-RIDE
146 South Street
Pittsfield, Mass.
phone: 443-6987 or 637-3514
hours: 8:00-4:00

If you can ask these people 24 hours ahead of time, they may be able to provide transportation for you if you are elderly or handicapped.

Also, service agencies can use the vans on evenings or weekends if they are given notice a week ahead of time.



VISITING NURSE ASSOCIATION

These people offer a lot of services. They have nursing services, home health aides and sometimes run classes for pregnant teenagers.

There is also physical therapy, speech therapy and occupational therapy.

You can also get nutrition counseling and some general counseling.

Fees are charges on a sliding scale by how much you can afford to pay.

In Pittsfield:
615 Lenox Ave.
P. O. Box 877
phone: 443-7221
hours: 8:00-9:00 everyday

In Great Barrington:
54 Castle Street
phone: 528-0130
hours: 8:00-4:30 Mon.-Fri.

In Lee:
21 High Street
phone: 243-1212
hours: 8:00-9:00 everyday

In North Adams
25 Marshall Street
phone: 664-4536
hours: 8:00-5:00 Mon.-Fri.

In Williamstown:
283 Cole Ave.
phone: 458-8042
hours: 8:00-4:00 Mon.-Fri.

WESTERN MASS. LEGAL SERVICE
33 Pearl Street
Pittsfield, Mass.
phone: 499-1950
hours: 9:00-5:00 Mon.-Fri.

* There is also an office in North Adams that is open on Tuesdays. It is at 41 Eagle Street, phone: 664-4531

These people can give you legal counseling but only for NON-criminal matters such as consumer issues, housing, discrimination etc.

They are free for people who are low income eligible. You must file a financial statement to apply for their services.

WOMEN, INFANTS & CHILDREN

These people have nutrition and car safety programs. They also rent carseats for children.

There is also a nursing mother's group. Call them for more information.

In Great Barrington:
284 Main Street
phone: 637-2578
hours: 9:00-4:00 Mon.-Fri.

In North Adams
85 Main Street
phone: 663-3012
hours: 8:30-4:30 Mon.-Fri.

WILLIAMSTOWN BOY'S CLUB
P. O. Box 51
Williamstown, Mass.
phone: 458-5925
hours: Call for times for activities

These people run over 30 recreational programs including swimming, tennis, dances, skiing, etc.

They can also give you job counseling or regular counseling.

There is individual and group counseling. They also do outreach and crisis intervention work.

WOMEN'S SERVICES CENTER
33 Pearl Street
Pittsfield, Mass.
phone:499-2425
24 hour crisis phone: 443-0089
Office hours: 9:00-5:00

These people can give you counseling about personal issues. They also run support groups for women.

There is a job bank and they do job counseling.

They also work with battered women and have a network of emergency shelters. You can call them on the 24 hour crisis phone in case of an emergency.

Franklin County-Human Resources

(With particular emphasis on services available in the Greenfield area.)

YOUTH ADVOCACY PROJECT
230 North Street
Pittsfield, Mass.
phone: 499-2422
hours: 2:00-10:00 Mon.-Fri.

If you are between the ages of 12 and 25, you can go to this drop-in center whenever they are open.

They have some recreational activities and they do counseling for individuals, groups or families.

They also do crisis intervention if you have a serious problem.

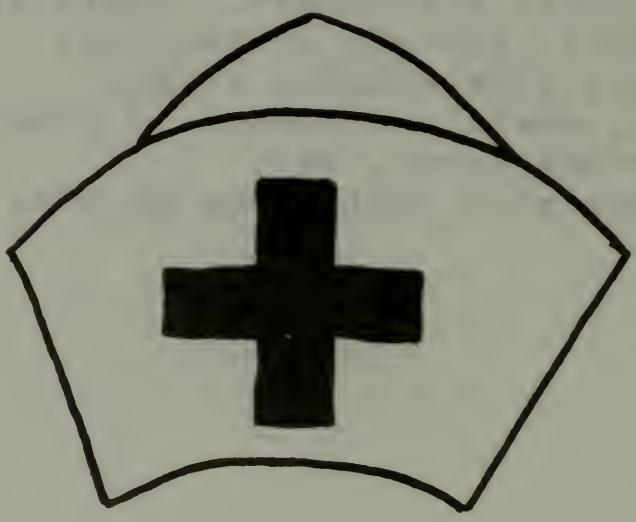
Y.M.C.A.
292 North Street
Pittsfield, Mass.
phone: 445-4551
hours: Call for times for activities

These people run a lot of recreational activities. There is basketball, soccer, gymnastics, swimming, racquetball, weight lifting, exercise classes, a game-room, drama group, etc.

They also rent rooms to men.

American Red Cross
50 Miles St.
Greenfield, Mass.
Phone: 774-4376

This organization can provide you with a variety of programs and assistance. They help develop young people in personal growth with an emphasis on community involvement. Courses are often offered as needs arise and may include such topics as: Youth Sensitivity, Facts for Life, The Name of the Game is Caring and Information on the use of Alcohol. Call for an update on their present services.



Ceta Youth Program
57 Wells St.
Greenfield, Mass.
Phone: 774-3776

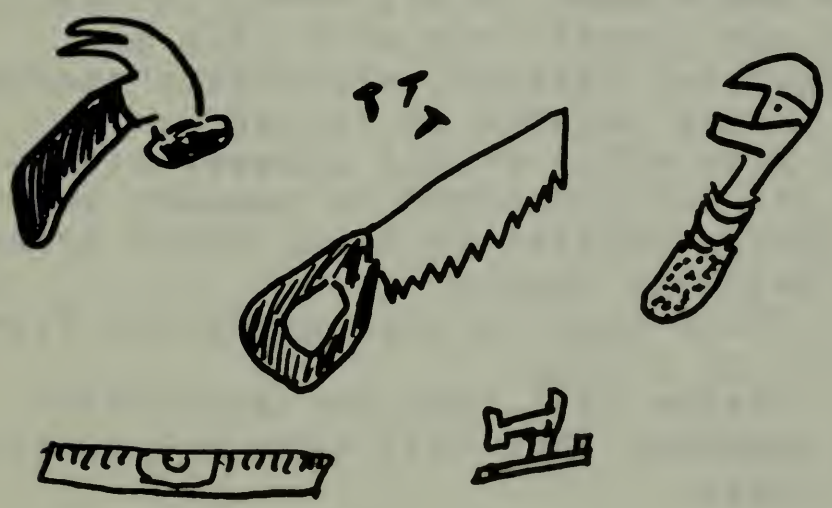
Ceta will assist youths ages 14-21 with a variety of In-school and Out-of-school work experience programs.

On-the-job training programs are developed for youths ages 14-21.

Out-of-school work related programs are developed for youths ages 16-21.

Youth Community Conservation Improvement Projects are developed to meet the needs of youths experiencing severe difficulties in obtaining employment.

To find out if you are CETA eligible please give them a call soon.



Consumer Protection
425 Main Street
Greenfield, Mass.
Phone 777-5102

The Greenfield Consumer Protection Office can assist you in filing a complaint against local businesses. They have a complaint form which must be filled out by you. These forms are available at the Greenfield Courthouse. One of the workers will contact you regarding the nature of your complaint after you submit it to them. Don't let your complaint slide by. Contact them for assistance.

Everywomen's Center
University of Mass.
Wilder Hall Amherst, Mass.
Phone: 545-0883/545-0812

Everywomen's Center offers free assistance to all women in need. They can provide you with help in educational matters, employment counseling, and issues related to violence. They also offer CRISIS intervention and are well-equipped to counsel you on issues related to Rape, Child Abuse, and Battered Women.

Child care is also available from 9 a.m. to 1 p.m.

Please call them for assistance and remember they will help you in time of crisis.

Family Planning Council of
Western Mass.
86 High Street
Greenfield, Mass.
Phone 774-3834

"CONFIDENTIAL SERVICE TO ALL" is a wonderful thing! They can offer you privacy on a number of medical and health issues related to you. Medical and counseling services are available on many subjects such as; Contraception, Parenting, and Human Sexuality. They will help you regardless of your income through a sliding fee scale; Medicaid eligible, or free care to those of limited income. If you need help on these important issues, please call.

Farren Memorial Hospital
56 Main Street
Turners Falls, Mass.
phone: 774-3111
emergencies: 774-3708

This hospital can provide you with in-patient, out-patient and emergency care. Services include: EKG, X-Ray, Physical Therapy, Blood Bank, Respiratory Therapy, Pathology, Pediatrics, Surgery (both short-stay and long-term) and intensive care with emphasis on coronary care.

The hospital also sponsors a variety of clinics related to health issues. Presently, they are the following:

High Risk-Cardiovascular Disease Clinic - no fees - pre-registration is required.

Diabetes/Diabetics - (and their families). The group meets monthly for support. Annual fee for membership is $10.00.

Smokers Liberation Program - no fees - pre-registration is required.

Call the hospital for further information regarding the above services.

Family Health Center
(Farren Memorial Hospital)
56 Main Street
Turners Falls, Mass.
phone: 774-3708 (24 hours a day)

The Family Health Center has a unique philosophy of "Wellness". They believe in prevention. They would like to provide you with medical care continuous in all stages of your life. They are a medical based group with affiliation to the Farren Memorial Hospital.

The Center is open from 9 a.m. to 4:30 p.m. Monday through Friday.

After making an appointment with one of the physicians or nurse practioners, you are assured of being assisted by that person during 90% of all your future visits to the Center.

Franklin Community Action Corp.
39 Federal Street
Greenfield, Mass.
phone: 774-2318

This organization can provide you with information related to social services such as welfare, housing, food stamps, etc.

They also can assist you with information regarding the Fuel Assistance Program.

Franklin County Adolescent Community Team
278 Main Street
Greenfield, Mass.
Phone: 773-3177 (Council for Children)

This organization would like to help teenagers-both male and female populations in the prevention of unplanned pregnancies and to insure that pregnant teenagers and teenage parents retain all the life options available to the general teenage population. Call them for a variety of support assistance.

Franklin County Association for Retarded Citizens
213 Silver Street
Greenfield, Mass.
Phone: 773-3748

They can assist you in obtaining residence if you are over 18 years of age and are mentally handicapped.

They also can provide you with someone to help you understand the Special Education Law 766.

Recreational programs for children and adults are an important part of their program. They also offer general information/referral to meet your individual needs. Call them today for their support.

Franklin County Extension Service
425 Main Street
Greenfield, Mass. 01301
Phone: 774-2902

These people are responsible for many of the activities developed for 4-H Clubs. Activities may include camping, outings and craft projects.

They also have a bicycle safety project.

If you need help to budget your money they will counsel you on a one-to-one basis or you can go to one of their workshops.

You can also find out about food, health and nutrition by attending one of their workshops. Call for an update regarding present services/workshops in your area.

Franklin County Housing Authority
317 Federal Street
Greenfield, Mass.
Phone 774-4381

These people can offer you assistance in finding housing for low-income people. Call them to find out how you might qualify and apply.

Franklin County Mental Health Center
60 Wells Street
Greenfield, Mass.
Phone: 774-4313

If you need counseling or your family is in need of counseling, please call this center for help. They can provide you with counseling on a variety of personal/life issues.

They also provide counseling/therapy to outlying districts through Project Horizon. The location of the outreach centers are:

Franklin County Mental Health Center
Mill Street
Northfield, Mass.

Franklin County Mental Health Center
5 State Street
Shelburne Falls, Mass.

Franklin County Mental Health Center
Conway Street
So. Deerfield, Mass.

Franklin County Public Hospital
164 High St.
Greenfield, Mass.
Phone: 772-0211
Emergencies: 772-0211
Physician Referral Service 773-8557

This hospital offers a wide range of services. A brief description of each major area of service is given to assist you in understaning what each offers. The asterisk signifies areas of possible interest to you.

* Emergency Room-24 hour emergency service.

Intensive Care/Coronary Unit-Constant patient surveillance for the critically ill.

* Mental Health Unit- Inpatient and Out-patient care provided on an individmal, group or family basis. Specially trained mental health workers are available to help you.

* Rehabilitation Unit-an inpatient or outpatient unit which provides services in Speech, Occupational Therapy, and Physical Therapy.

* Communication Disorders-certified speech pathologists, therapists and audiologists will identify your problem area, evaluate and treat you for intervention in speech, language or hearing problems.

* Occupational Therapy-this department will assist you if you are in need re-establishing your abilities for independent living.Self-care training, restorative procedures, and home assessment are among the services offered.

Franklin County Public Hospital
(Continued)

* Physical Therapy-is provided on an in-patient, out-patient basis and is carried out by registered physical therapists.

* Alcohol Programs - they offer a variety of programs for the problem drinker, alcoholic and family members - See: Beacon Clinic

Cardiopulmonary Services- diagnostic testing of cardiac and pulmonary diseases including the stress test laboratory.

* Occupation health-available to community workers who are concerned about their working environments and possible health issues related to such.

Employee Assistance Program- available to organizations with concern for health issues of employees.

Radiology/Nuclear Medicine and Ultra Sound- this division assists operating/emergency patients with detailed information regarding particular illnesses.

Laboratory-open 24 hours a day and is involved in a variety of diagnostic workups related to the condition of your blood.

* Nutrition Counseling-registered dieticians can help you with issues related to adequate diet on both an inpatient and outpatient basis.

Franklin County Public Hospital
Beacon Clinic - Established for the Treatment of Alcoholism 772-6388

The Beacon Clinic is an outpatient facility which can provide you with a treatment plan in strict confidentiality. Treatment for alcohol related problems in done in many ways at the clinic such as: Alcohol Education;Information/Referral, Medical, Psychological and Psychiatric Evaluations, a variety of therpeutic approaches, group and individual counseling, discussion groups, recreation and drop-in facilities.

Clinic services are covered by most insurance programs. NO ONE IS REFUSED HELP for financial reasons.

Office Hours: 9:00 a.m.-5:00 p.m.
Monday through Saturday
Evening hours are also available by appointment.

Beacon House for Men
Beacon House for Women

The Beacon Houses are transitional group living residences for men and women with drinking problems who have demonstrated a willingness to overcome their drinking problem, have a potential for employment, training or education, and can assume an independent status within 12 months after becoming a resident of the House. Both houses are single family dwellings.

Requests for information or interview can be made by contacing

Beacon House - Men 773-8020
Women 774-5378

Franklin County Public Hospital
(Continued)
East Spoke Unit
Phone 772-0211 Extension 307

The East Spoke Unit is a voluntary inpatient unit offering specia services to persons having a variety of problems related to life issues. Treatment plans are highly individualize and may include: alcohol education, detoxification, drug therapy, medical and psychiatric evaluation, laboratory studies, psychological testing, group or individual therapy as well as family therapy.

The East Spoke is a short term unit designed to help people over a time of crisis, and to prepare them to continue to work on their problem after discharge. Aftercare planning is an integral part of the program and referrals are often made to halfway houses, outpatient clinics and local AA groups.

Please carefully consider the services of the East Spoke when you have a serious need for their help.

Franklin/Hampshire Community
Mental Health Center
P. O. Box 625
48-50 Pleasant St.
Northampton, Mass. 01060
Phone: 586-3507

This center offers many services to those in need of help. They offer children and adolescent counseling in times of crisis or daily out patient intervention. Call for an appointment whether it be in time of an emergency or a pressing need.

Girl's Club of Greenfield
11 Pleasant St.
Greenfield, Mass. 01301
Phone: 773-3097

The Girl's Club offers adolescent programs for teenage girls ages 17-21. Those attending are usually CETA eligible. A career support program with counseling and workshops is an essential part of their program. Call them for an updated schedule of events/programs.

Greenfield Community College
College Drive
Greenfield, Mass. 01301
Phone: 774-3131

Greenfield Community College is an official GED testing center. Non-high school graduates wishing to receive their high school Equivalency Certificate should contact the GED office at the college for details. Testing is available during the day and evening hours.

Career Counseling: The Career Counselor helps students to identify career and educational goals. Each student's interests and abilities are measured and used as a basis for counseling. In addition, career materials are provided for exploration. These services will also be helpful to those who are uncertain about course choices.

Developmental Studies Program: This program is designed for students who wish t reinforce basic academic skills and/or explore through Human Development courses topics and learning experiences which lead to increased academic, social and career effectiveness. Students may be advised to take academic Developmental Studies courses based upon pre-registration assessment, or they may elect to take a single course or any combination of courses to meet their individual needs at any time during their academic careers at G.C.C.

Tutorial Services: English, Reading, Mathematics, and English as a Second Language -100 level courses are staffed by student tutors as well as faculty instructors, both in the classrooms and in the labs. In addition, any student can receive or get tutorial help in any subject by applying at the Learning Center. Appointments will be made at the student's convenience, for as long as the support is needed.

The Learning Center: The Learning Center helps students to overcome academic deficiencies. Services include tutoring in academic subjects and basis skills, small group study sessions, reading and writing improvement and tutoring in special subject areas. No appointment is necessary for an initial interview, and all services are free of charge to students.

Personal Counseling Services: The Divisional Counseling staff assists students in exploring their growth potential and any personal concerns encountered while in college. All meetings are strictly confidential and at the student's conveneience. No appointment is necessary for an interview.

Greenfield Visiting Nurses Assoc.
207 Silver Street
Greenfield, Mass.
Phone: 772-6969

This association provides care when it is appropriately ordered by your physician. They offer service in the following areas: skilled nursing, physical therapy, occupational and speech therapy and home health aide assistance. When in need of at home medical attention, check with your doctor to see if The V.N.A. can help you.

Greenfield Youth Center
86 Washington St.
Greenfield, Mass.
Phone 773-5167 (late afternoons)

This is a center for youth. They provide some afternoon/evening recreational activities. They also offer counseling if requested. The hours at the Center vary, but you might drop in for a visit weekday afternoons after 3 p.m. Take this opportunity to use this worthwhile support.

Help for Children
278 Main St.
Greenfield, Mass.
Phone: 774-5311

This organization is most helpful in referring you to others for particular services. They offer free children's information and are an advocacy service provided to you by the Mass. Office for Children. They will also help you with issues related to Special Education and 766 Advocacy.

Mass. Assoc. for Retarded Citizens
Citizen Advocacy
Greenfield, Mass.
Phone: 773-3881

The Citizen Advocacy offers a personalized assistance using a volunteer staff to assist mentally retarded persons in the use of public transportation, handling a checking account, do laundry, cook a meal, and in general adjust to living within a community.

Mass. Dept. of Public Welfare
31 Federal Street
Greenfield, Mass.
Phone:774-2721

This department offers assistance to low income individuals. They can help you on such issues as: Aid for Families with Dependent Children, General Relief, Medicaid and Food Stamps. You must go to the Dept. of Public Welfare in person to complete the necessary forms for assistance.

Mass. Rehabilitation Commission
324 Main St.
Greenfield, Mass.
Phone: 774-2326

If you have a physical, mental or emotional handicap which interfers with your ability to work, you may be eligible for services from this department. They offer Vocational Rehabilitation in the following areas:

- Individual counseling and guidance
- Medical evaluations-psychiatric and aptitude
- Hospital care-therapy with adjustment services for handicap
- Skilled training and education
- Interpreter (for deaf)
- Job Placement and Follow up
- Adaptive Housing and Vehicle Modification
- Personal Care Assistance
- Extended Employment

Please call them if you qualify for services or need general information regarding your disability.

Mass. State Employment Office
31 Federal Street
Greenfield, Mass.
Phone: 774-4361

The Employment Office can help you find a job. They offer vocational preference testing and counseling. They also have an updated listing of job openings in the area and are a primary placement center.

Mohawk Valley Medical Center
P.O. Box 218
Shelburne Falls, Mass. 01370
Phone: 625-9717 (by appointment)
625-9719 (Emergencies)

The above is an ambulatory health facility which provides family-centered medical care. Specialized services for adolescents are as follows:

- Birth Control Services
- Family Planning and Pregnancy Counseling (Free of Charge)
- Nutrition Counseling-on an individual basis (Free of Charge)

For other medical services, a standard fee/sliding scale fee is requested.

NECESSITIES
19 R. Hawley Street
Northampton, Mass.
Phone: 586-5066

If you or your children are in need of shelter due to the fact that you have been physically abused or battered, call this center for information and referral. This crisis should not pass without your receiving support. Please remember this center as a necessity in time of need.

NETWORKS
278 Main Street
Greenfield, Mass.
774-2758

NETWORK is a center which offers 24 hour intervention for individuals or families in crisis. They also provide emergency psychiatric intervention. They can assist victims of sexual assault and provide such direct services as:

- crisis intervention
- medical and legal advocacy
- legal information and assistance
- social service support
- short term counseling
- references-long term counseling

New England Learning Center
for Women in Transition NELCWIT
310 Main St.
Greenfield, Mass.
Phone: 772-0806

This center offers 24 hour support/assistance to women who are having difficulty in the following areas, and are in need of service:

- women who have been beaten, threatened or abused
- women having difficulty with divorce, separation, or parenting
- women in transition-feeling alone and isolated
- women who need to return to school or to work
- women in need of counseling or group support
- legal protection and court assistance

Services are FREE and CONFIDENTIAL. Child-care is also available as needed.

Northampton Center for Children and Families
78 Pomeroy Terrace
Northampton, Mass.
Phone: 584-1644

"New Directions" is an academic alternative for adolescents ages 13-19. It is a private, non-profit program whose primary concern is adolescents. They offer both a day program and a residential program. They seek to accept persons who are capable of completing or at least capable of partially returning to school or a job within 9-18 months from date of admission. Counseling is also available to clients and their families while enrolled at the school. For more information telephone the center.

Orange Friendly Circle
(Services to the Blind)
14 Blodgett Street
Orange, Mass.
phone: 544-7162 (Mrs. Coit)

This is an active support group for persons who are blind. They hold monthly meetings and often engage in social events. Entertainment is a major emphasis of their program as well as engaging in arts and crafts. Join them for recreation and friendship.

Right to Life
Marion Kelleher, Health Consultant
P.O. Box 125
Greenfield, Mass. 01301

If you are pregnant and have decided that you want to go ahead and have your baby, these people will help you. They will provide counseling and are usually knowledgable about area services, particularly in the areas of welfare and adoption.

Social Security Administration
11 Davis Street
Greenfield, Mass.
Phone: 774-2911

This organization provides assistance to children whose parents are disabled, deceased or retired. They can also assist you with Supplimentary Security Income if you qualify. For more information, call the Intake Worker at the office.

Sojourn, Inc.
142 Main Street
Northampton, Mass.
Phone: 584-1313 (Mon.-Fri. 9a.m.-5 p.m.)
(By appointment only)

This center offers services for adolescent women ages 13-21. They offer life skills training classes on a variety of subjects such as: money, management, sexuality, health, home management and vocational readiness. They also offer counseling to individuals, couples and families. Most costs/fees are covered by grant funding to the center.

Stress Relaxation Consultants
4 Court Square
Greenfield, Mass.
Phone: 773-3388

This center offers a program centered around stress management. They have primarily been involved in assisting adolescents experiencing stress when related to educational demands being placed upon them.Private as well as group counseling is available. Services are provided based on financial ability of the client and offered with a sliding scale fee.

Tel-Med Tape Library
Franklin County Public Hospital
Greenfield, Mass.
Mon.-Fri. -12 noon/6 p.m.
Saturday - 9 a.m./12 noon
Phone: 1-413-7743761

Telephone the Tape Library for a short summary of the following medical issues:

Alcohol
Arthritis
Birth Control
Cancer
Children
Dental Health
Diabetes
Digestive System
Drug Abuse
Eye Care
First Aid
General
Hearing
Heart
Home Care
Men
Mental Health
Nutrition
Parents
Physical Fitness
Plastic Surgery
Pregnancy
Public Information
Respiratory
Safety
Skin Disorders
Smoking
Venereal Disease
Women

Turners Falls Youth Center
104 Fourth Street
Turners Falls, Mass.
Phone: 863-4068

Recreational activities as well as counseling is available at this center. They will help you with issues surrounding adolescent growth. They also offer employment training and are an advocacy and referral center for youth. For specific hours/programs call the center or drop in on weekday afternoons.

Visiting Nurse and Health Services in Franklin County
50 Miles Street
Greenfield, Mass.
Phone: 774-2841 (8:30 a.m.-5:30 p.m.)

The Visiting Nurses offer FREE medical assistance to pregnant women and parents of children 0-3 yrs. within Franklin County.

Home visitations are made on such issues as: pregnancy, labor and delivery, nutrition, breast feeding, birth control, infant care, spoiling, child development, discipline and behavior, toilet training, sibling relationships, sleep problems, etc.

Western Mass. Legal Services
278 Main Street
Greenfield, Mass.
Phone: 772-0396

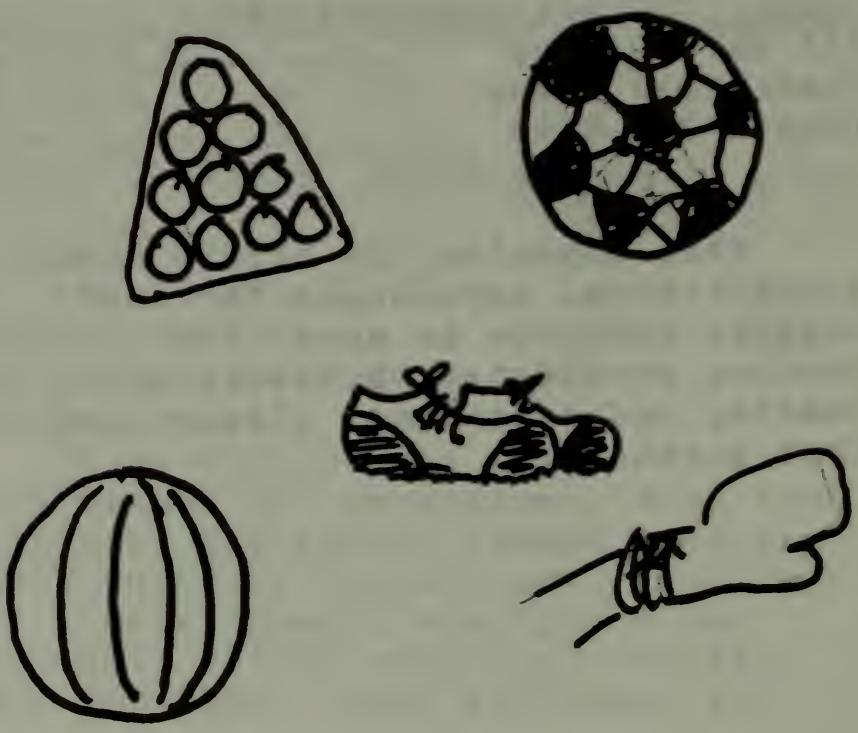
Legal service and advocacy is a FREE service to low-income clients. They will also refer individuals with particular legal needs to other attorneys based on a sliding scale. You must file a financial statement to apply/qualify for their free legal services.

Women, Infants and Children
239 Main Street
Greenfield, Mass.
Phone: 772-0683

This organization offers women a nutritional suppliment for their infants/children in need. For further assistance on issues of feeding and parenting, please give them a call.

Y.M.C.A.-Big Brother,Big Sister Program
451 Main Street
Greenfield, Mass.
Phone: 772-0915

This organization offers 1-1 volunteer support for adolescents in need of companionship and guidance. The focus of the relationship is both recreational and emotional support. Young people under 18 and in need of a friend are encouraged to call the Y.M.C.A. for further assistance.



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